

Highlights of the *Together for Health* program

Seven out of 10 deaths in the U.S. are due to chronic disease. Tobacco use, poor nutrition, and lack of physical activity are major contributors to preventable death. In Arizona, 77% of Maricopa County residents failed to consume five servings daily of fruits and vegetables in 2002. Local data in Maricopa County shows that adults gain weight as they age. The percentage of Maricopa County adult residents defined as overweight is approximately 53 percent. While physical activity has a role in weight control, its impact on chronic disease is equally important. Only one-third (33. %) of Maricopa County adult residents report being active for at least 30 minutes a day on at least three days a week. Additionally, non-white Arizonans are more sedentary than White Arizonans (55.7% vs. 27.1%). Tobacco is responsible for approximately 20% of US deaths and increases risk for poor pregnancy outcomes. Approximately 20% of Arizonans report smoking and the rate is higher among younger men and women and those with less education and income.

- Free, 9 or 12-hour community-based intervention provided by the Maricopa County Department of Public Health (MCDPH).
- Goals are to reduce smoking and stress, increase physical activity, improve dietary quality, and make changes toward a healthy weight.
- Target audience is minority men and women age 13+ with limited education and income.
- Registered Dietitians and Health Educators co-facilitate the classes, which are available in English and Spanish.
- The curriculum incorporates existing MCDPH programs including 5 a Day, Building Better Bones, and worksite wellness initiatives such as Stress Busters and Just a Bit to Get Fit.
- Participants set physical activity and nutrition goals and document their progress on weekly log sheets.
- Incentive items such as pedometers, resistance bands, measuring cups, and cookbooks help motivate participants to attend class and reinforce healthy behaviors.
- Program locations are chosen based on meeting one of the following criteria: schools with 50% or greater free or reduced meals; located within low-income neighborhoods; existing partnerships with MCDPH nutrition and/or physical activity programs; workplaces that employ men and women in sedentary and/or low-wage jobs; community/neighborhood groups or faith-based organizations serving minority, low-income families.
- Sites providing childcare for participants are eligible for reimbursement.
- Marketing strategies include bi-lingual flyers, postcards, catalogue descriptions, newsletter articles, and press releases.

Results of the *Together for Health* program

Demographics

- *Age and Body Mass Index (BMI)*: mean age = 38.6 years, mean BMI = 31.4 kg/m².
- *Ethnicity*: 31% White, 10% African American, 1% Native American, 54% Mexican, and 6% Other.
- *Income Status*: health care and or WIC assistance: 33% received services, 65% did not, 2% did not know
- *Education*: 13% some elementary school, 12% some high school, 18% high school diploma, 31% some college, 27% college graduates.

<i>Process/Outcome Objectives</i> (* Measured at the end of the program.)	<i>Process/Outcome Evaluation</i> (Evaluation data as of February 29, 2004)
650 will enroll in program.	753 enrolled in program.
40% of participants will be minority.	56% of participants were minority.
50% of participants will have an accurate perception of their weight from pre- to post survey.*	77% of participants who completed program had an accurate perception of their weight.
75% of participants will increase their physical activity as measured by pedometers.*	71% of participants reported an increase in physical activity as measured by pedometers.
75% of participants will self report an increase of fruit and/or vegetable consumption as measured by pre- and post surveys.*	77% of participants reported an increase in fruit and/or vegetable consumption.
75% of participants will make a minimum of one dietary improvement as measured by a dietary survey instrument.*	79% of participants reported at least one dietary improvement. (n = 126)
50% of participants will report an increase positive stress management.*	72% of participants reported a reduction in “a lot” of stress. (n = 127)
75% of participants will feel confident in using stress management techniques or believe they can manage stress as reported on pre- and post surveys.*	78% of participants reported feeling confident in their ability to use stress management techniques or believe they can manage stress. (n = 127)
At three months post program, 30% of men and women will maintain healthy outcomes as collected by an independent evaluation consultant on a follow-up survey.	Follow-up is underway.
At four months after completion of Maricopa County Tobacco Use and Prevention Program (MACTUPP) smoking cessation classes, participants will have an 18% quit rate on follow-up evaluations.	90% of participants reported being a non-smoker.

Participant Evaluation Responses

- “I wish the program could have been longer, I learned so much.”
- “I loved the instructors and their expertise.”
- “I learned so many good things about nutrition and helping my family to be healthier.”
- “I wouldn’t change a thing about the program, it was perfect.”
- “I really enjoyed the pedometer step-counter, it was extremely motivational.”
- “I learned how to make healthy food with little money.”
- “I lost 30 pounds by making simple lifestyle changes.”

Results of Selected Measures from Pre- to Post Survey

Figure 1. Participant’s (n=169) pre-intervention milk consumption by type.

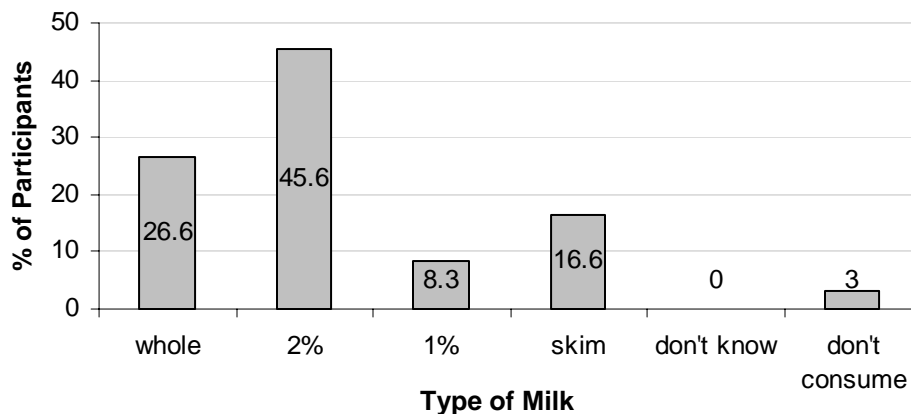
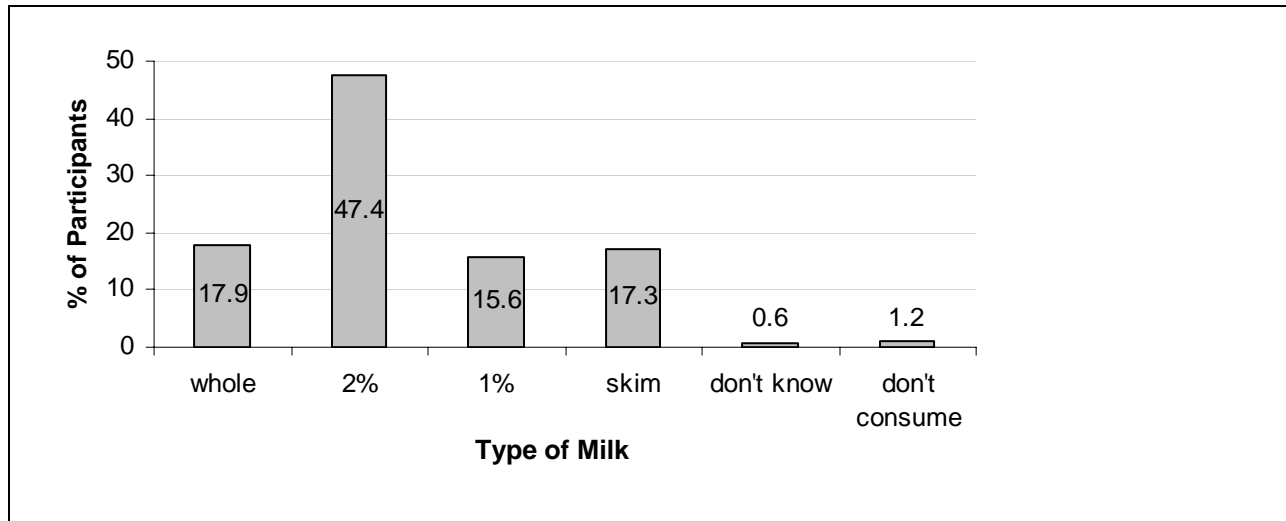


Figure 2. Participant’s post-intervention milk consumption by type.



Results of Selected Measures from Pre- to Post Survey (cont.)

Figure 3. Participant's pre-intervention fruit consumption.

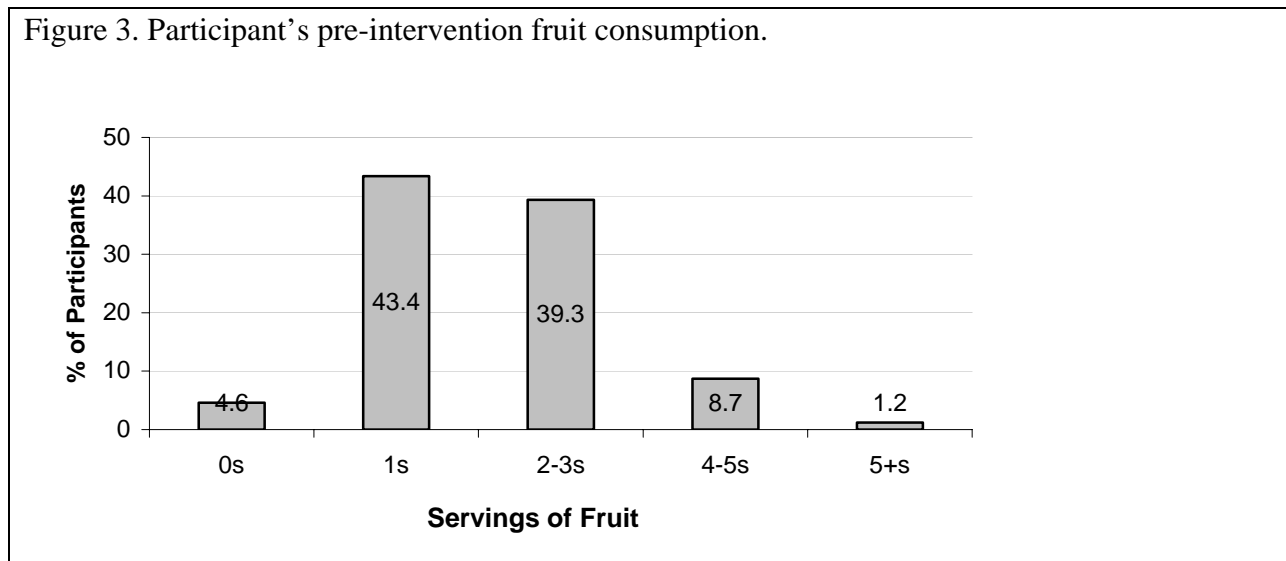
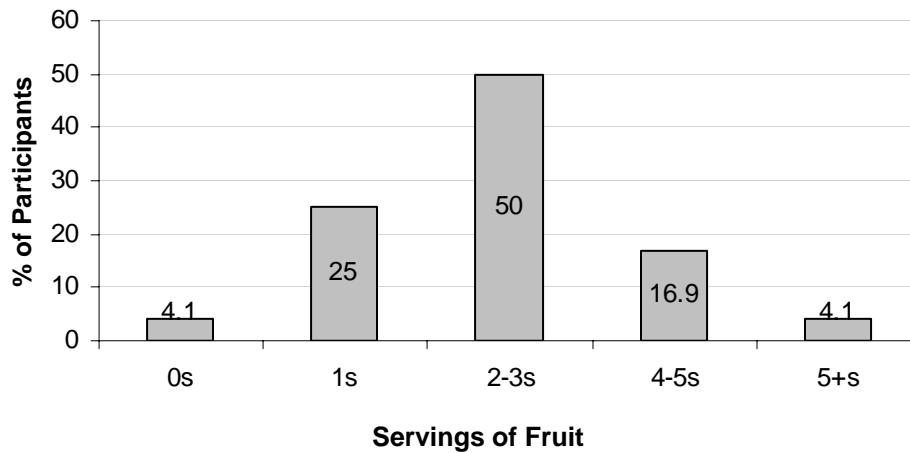


Figure 4. Participant's post-intervention fruit consumption.



Results of Selected Measures from Pre- to Post Survey (cont.)

Figure 5. Participant's pre-intervention vegetable consumption.

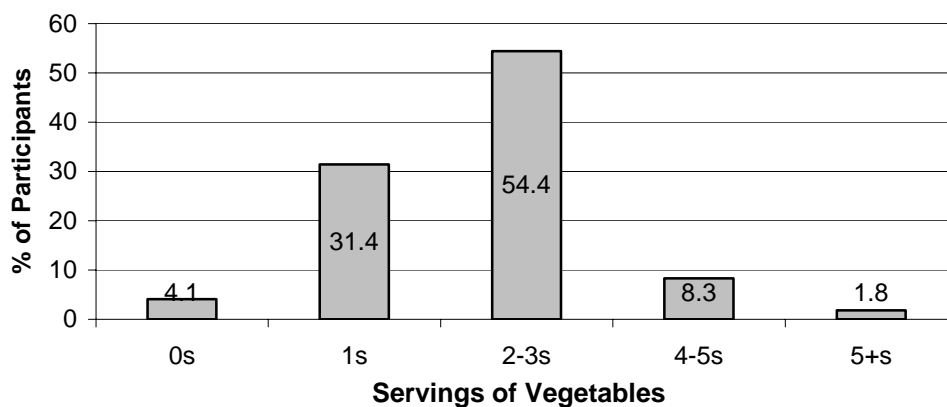
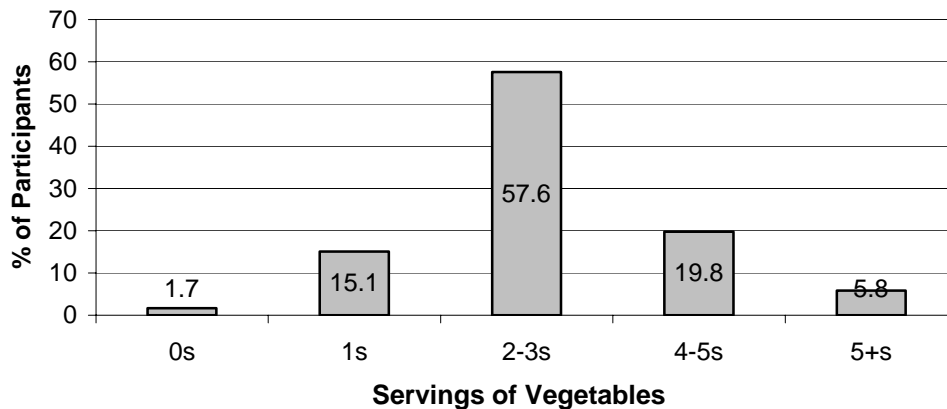


Figure 6. Participant's post-intervention vegetable consumption.



Conclusions

Preliminary results show positive trends in meeting program goals. By the end of the program, participants averaged 8,655 steps per day- an increase of approximately 2,600 steps per day above baseline. This equates to an increase of approximately 30 minutes of moderate level physical activity per day and is a significant step in achieving the Surgeon General's recommendations. Changes in eating habits have been identified in shifts of daily servings of fruits and vegetables and type of milk consumed. Whole milk consumption decreased from 26.6% to 17.9% and 1% milk increased from 8.3% to 15.6%.

Bibliography

Arizona Department of Health Services. *2000 Arizona Behavioral Risk Factor Survey – Annual Report*. September 2002.

Arizona Public Health Association. *Living and Dying In Arizona – An Arizona Public Health Association Health Status Report for Arizona*. February 2003.

Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion. *Behavioral Risk Factor Surveillance System*. 2002.

Maricopa County Department of Public Health. *Maternal and Child Health Needs Assessment-2002*. July 2002.

Maricopa County Department of Public Health. *Pregnancy Risk Assessment Monitoring System*. 2003.

Maricopa County Department of Public Health. *South Phoenix Perinatal Periods of Risk Analysis*. 2000. Note: PPOR is a special analysis of death and birth data conducted by MCDPH for Maricopa County generally and South Phoenix and Maryvale, specifically.

Office of Disease Prevention and Health Promotion, US Department of Health and Human Services. *Healthy People 2010*. January 2000.

Office on Women's Health, US Department of Health and Human Services. *Women's Health Issues: An Overview*. May 2001.

Points of Contact

Anna David, B.S., CHES
Maricopa County Office of Health Promotion and Education
1845 E. Roosevelt St.
Phoenix, AZ 85006
(602) 506-6852
annadavid@mail.maricopa.gov

Shirley Strembel, M.S., R.D.
Maricopa County Office of Nutrition Services
1414 W. Broadway Rd. Suite 237
Tempe, AZ 85282
(480) 966-3090 ext. 231
shirleystrembel@mail.maricopa.gov